

Utah Nutrition and Physical Activity Partnering for

2011

April

Progress



New Healthy People 2020 Objectives Launched

The Healthy People 2020 (HP 2020) objectives were launched by the U.S. Department of Health and Human Services (HHS) on December 2, 2010. One of the Healthy People 2020 goals is to provide measurable objectives that are applicable at the national, state, and local levels. The 2010 and 2020 Healthy People objectives for obesity rates are listed below, along with

Utah's current rates. The HP 2020 objectives are lower than the HP 2010 objectives because the 2010 objectives were overly ambitious. Though we currently meet the HP 2020 objectives, we need to continue to work toward reducing obesity in Utah. The entire HP 2020 document is found at <http://www.healthypeople.gov/2020/>.

Healthy People 2020 Obesity Objectives	2010 Target	2020 Target	Current Utah Rate
NSW-9: Reduce the proportion of adults age 20+ who are obese (BRFSS)	15%	30.6%	25.2%
NSW-10.2: Reduce the proportion of children aged 6 to 11 years who are obese (UESHWMP)	5%	15.7%	9.7%
NSW-11.3: Reduce the proportion of adolescents who are obese (YRBS)	5%	16.1%	6.4%

BRFSS: Behavioral Risk Factor Surveillance System (2009); UESHWMP: Utah Elementary School Height/Weight Measurement Project (2010); YRBS: Youth Risk Behavior Survey (2009)

Letter from the Editor

I recently returned from a CDC-sponsored conference offered to all states and territories receiving Communities Putting Prevention to Work (CPPW) stimulus funding. It was exciting to gather with colleagues and learn about community prevention efforts across the nation. Utah's work to develop a bicycle/pedestrian master plan design guide was recognized and featured during two panel discussions. We also presented on the use of surveillance data to evaluate obesity efforts.

The momentum around the obesity epidemic is growing across the country. In this newsletter we are spotlighting some new guidance documents: the new U.S. dietary guidelines, the new sodium guidelines, and the Surgeon General's Call to Action for breastfeeding. The release of the Healthy People 2020 objectives is highlighted above. Though our childhood obesity rate meets the Healthy People 2020 objective, we acknowledge that there is room for improvement. I hope to see you all on June 10 for a statewide obesity conference, "Champions of Change: Knocking Out Obesity in Utah." See page 6 for more information about the conference.



Lynda Blades

PROGRAM MANAGER
Physical Activity, Nutrition,
and Obesity Program
Utah Department of Health



2010 Dietary Guidelines for Americans Includes Call to Action

The 2010 Dietary Guidelines for Americans (DGA) was released in January by the Secretaries of Agriculture and Health and Human Services. The DGA are used to develop educational materials and aid policymakers in designing and carrying out nutrition-related programs. The 2010 DGA emphasizes two strong concepts:

- Maintain caloric balance to achieve and sustain a healthy weight.
- Focus on nutrient-dense foods and beverages.

For the first time, the DGA includes a call to action to support healthy choices for nutrition and physical activity. The document calls for a system-wide approach, engaging all sectors of society to reverse trends in obesity and related diseases. Strategies consistent with the Utah Nutrition and Physical Activity Plan are included. The executive summary and the full document are available at www.dietaryguidelines.gov.

Work Group Updates

Community Work Group

The Community Work Group is working on the Bicycle and Pedestrian Master Plan Design Guide. Six chapters are complete and the guide will be completed by the end of June. Local community planners, local governments, and pedestrian and cycling advocates have provided input to ensure that all interests are represented in the final document.

Shaunna Burbidge will be presenting the project at the upcoming HUD Healthy Homes Conference in Denver, CO on June 21, 2011.

Health Care Work Group

The Health Care Work Group is making progress on the survey of Utah health care providers, querying their understanding of and ability to identify and treat obesity and to use Body Mass Index (BMI) as a measure of health. More than 120 surveys were received from Utah health care providers, for a response rate of 25%. Final results from the survey will be presented at the Obesity Conference on June 10 and will be used to formulate the Health Care Strategic Plan for 2012.

Work group members have collaborated with the Utah Medical

Association to support health care related issues during the 2011 legislative session. Letters to the editor were written to support HB426, which proposed a tax on sugar-sweetened beverages to help fund schools. Although this bill did not pass, it is encouraging to see it proposed in Utah.

The group continues to work with the Utah Department of Health's Physical Activity, Nutrition, and Obesity Program, in adopting "5-2-1-0" as a statewide campaign to fight obesity. Limited grant money has been secured for this project and group members continue to search for more funding.

The Work Group's Talking Points document was formulated into an editorial by Dr. Liz Joy and published in the Salt Lake Tribune on 2-14-11. Other publications included an article in the Utah Medical Association Bulletin on the Institute of Medicine Guidelines for Pregnancy Weight Gain/PostPartum Weight Loss and an upcoming article on the importance of breastfeeding for mothers and babies. These articles were also submitted to publications for Utah Nurses, Physician Assistants, and Dietitians.



TOP Star-The Healthy Child Care Initiative has been branded TOP Star: Targeting Obesity in Preschool and Child Care Settings. TOP Star was launched on February 17, with a training for local health department (LHD) staff in the Tooele County, Davis County, and Weber-Morgan Health Districts. Currently, LHD staff are piloting the project in their jurisdictions. TOP Star is based on the validated NAP SACC (Nutrition and Physical Activity Self-Assessment in Child Care) program. Five components are included: self-assessment, action planning, technical assistance, training, and reevaluation. Participating child care providers will receive career ladder credit from the Office of Child Care as they learn about childhood obesity, nutrition, physical activity, breastfeeding, personal health, and working with families. The pilot project is funded through February 2012.

Surgeon General's Call to Action to Support Breastfeeding

Surgeon General Regina Benjamin issued a call to action in January, for society-wide support of breastfeeding. The "Call to Action" includes 20 steps to remove obstacles faced by breastfeeding women. The document identifies ways that families, communities, employers, and health care professionals can improve breastfeeding rates and increase support for breastfeeding. Work groups are encouraged to address these steps in their implementation plans. A Fact Sheet, Executive Summary, and the entire Call to Action document are available at www.surgeongeneral.gov.



Work Group Updates Continued

Media Work Group

The Media Work Group membership is in transition and is looking for new media advocates and experts to move the work plan

forward. The Evaluation Advisory Group submitted a listing of potential new members to Tania Charette and Charla Haley, the current membership. If you have any membership suggestions please contact Janet Scarlet at jscarlet@utah.gov.

We thank Jane Sims, formerly with KUTV's Check Your Health, and Melissa Phillips, formerly with Shriners Hospital, for their great contributions to the Work Group. Grant Sunada, former work group chair, has accepted a new position and will be leaving the work group.

Schools Work Group

The Schools Work Group/Action for Healthier Kids (AHK) has been working on the following activities:

- Five Utah schools will be awarded the Bronze level of the HealthierUS School Challenge. These schools include: Freedom

Academy Charter School (Provo), Jeremy Ranch Elementary (Park City), McPolin Elementary (Park City), Parley's Park Elementary (Park City), and Trailside Elementary (Park City).

- On January 27, 2011 the Gold Medal Schools™ program held a Physical Education training.
- Presentations on school health will be given at the upcoming Utah Parent Teacher Association (PTA) convention (May 12 & 13).
- In May, the Utah PTA is meeting with Whole Foods to discuss healthy options for school parties.
- TV Turn-off Week is the week of April 18. Members of the work group will provide information to schools to encourage limiting screen time.
- A Dairy Council/AFHK intern will begin working on developing a brochure for school administrators about health programs for schools.

Worksites Work Group

The Worksite Work Group is extending invitations to potential speakers for the 2011 Healthy Worksite Conference; Margaret Moore will be the Keynote speaker this year. Margaret is the Co-Founder of the Wellcoaches Foundation, an organization that established the standards for professional coaches in healthcare and wellness. She will also be conducting a coaching workshop for the pre-conference time slot.

In the coming months we will be focusing on sponsorships and attracting exhibitors.

Evaluation Advisory Group

The Evaluation Advisory Group (EAG) conducted an evaluation of the work group partner membership. The EAG reviewed each work group's

what's happening



updated partner membership listing to identify partner gaps, and brainstormed potential new partners. The resulting list was shared with all work group chairpersons. The chairpersons will discuss the listing with their members and consider recruiting new partners.

Reducing Sodium Intake

The Institute of Medicine released its "Strategies to Reduce Sodium Intake in the United States" report. The report identifies strategies to reduce sodium intake in the population. The strategies include actions for food manufacturers, public and professional

outreach workers and educators, and governments (i.e., regulations and legislative actions).

The UDOH Heart Disease and Stroke Prevention Program (HDSPP), the Utah Food Bank (UFB), and the Physical Activity, Nutrition and Obesity Program (PANO) are collaborating on this initiative. Three activities have been implemented through this collaboration: (1) PANO provided nutritional recommendations for Senior Food Boxes, (2) HDSPP provided trainings on sodium and blood pressure, and (3) All Senior Food Boxes now meet the USDA Food Box standards. The HDSPP



and the Tobacco Prevention and Control Program are working together to create informational cards that will be placed in the boxes. See the report at: <http://www.iom.edu/Reports/2010/Strategies-to-Reduce-Sodium-Intake-in-the-United-States.aspx>.

Health Takes Center Stage in Davis County



The Davis County Health Department (DCHD) moved from Farmington to a new building located at 22 South State Street in Clearfield. As part of the move, DCHD is implementing a healthier work environment that includes increased opportunities for physical activity, proper nutrition, and tobacco prevention and cessation.

Staff can enjoy an onsite gym facility complete with cardio equipment, weights, exercise balls, and lockers. The Exercise and Beyond committee was established to encourage utilization of the workout room. The North Davis Senior Center, located on the new campus with the DCHD, has a large exercise room and onsite instruction. To further support physical activity and to promote stair usage, health messages will enhance stairwells. A total of eight tips will be incorporated over three flights of stairs.

DCHD will have one vending machine with snacks that contain 35% or less of total calories from fat, 10% or less of calories from saturated plus trans fat, and 35% or less of product weight from sugars, excluding sugars occurring naturally. DCHD staff will promote healthy vending for all employees.

Finally, the Davis County Board of Health passed a tobacco-free campus policy that prohibits the use of cigarettes, cigars, pipes, smokeless tobacco and other products containing tobacco and nicotine, including electronic cigarettes. The goal of this policy is to protect the health of staff and clients and the participants at the new North Davis Senior Activity Center right next door, by prohibiting tobacco use and eliminating secondhand smoke exposure.

Let's Move!

Marks First Year Anniversary

On the first anniversary of Let's Move!, First Lady Michelle Obama is celebrating the impact of parents and leaders across the country on efforts to improve children's health through nutrition and physical fitness. Since the launch on February 9, 2010, many sectors have stepped up with a diverse array of commitments to support Let's Move! – from the medical community to schools, business leaders, mayors, sports leagues, community leaders, and more.

“Over this past year, we've seen the first signs of a fundamental shift in how we live and eat. We've seen changes at every level of our society – from classrooms, to boardrooms, to the halls of Congress,” remarked First Lady Michelle Obama during the First Anniversary speech of Let's Move! Every day, all around the country, steps are being taken to bring about change in policy and environments.

Some key Let's Move! achievements that affect Utah children are:

- Five Utah schools have been awarded the HealthierUS School Challenge Bronze Award for their efforts to provide nutrition education and promote healthy eating and physical activity (Freedom Academy, Jeremy Ranch, McPolin, Parley's Park and Trailside elementary schools).
- Four Utah communities have enrolled in Let's Move! cities and towns (Midvale, Salt Lake City, Sandy, and West Valley City).
- The American Academy of Pediatrics and the American Academy of Family Physicians have pledged to have 100% of their doctors screen for BMI.
- The new Affordable Care Act requires all new health insurance plans to cover screening for childhood obesity and counseling from doctors.
- Let's Move! Outside encourages families and communities to be active and explore the great outdoors.

“If we can do all this in the first year, just imagine what we'll achieve next year and the year after that,”

Let's Move! focuses on four pillars:
1. Empowering parents and caregivers
2. Providing healthy foods in schools
3. Improving access to healthy, affordable foods
4. Increasing physical activity.

says Michelle Obama. So, what can we expect for next year? First, a fifth pillar has been added that includes prenatal care, breastfeeding, and child care. There will also be a special focus on health disparities among populations, particularly Native American communities, by increasing school gardens and food policy councils.

“One year later, Let's Move! is far more than just a campaign,” says Michelle Obama, “It is so much more than just a slogan. It's a nationwide movement to give our kids everything they need – all the energy, strength and opportunities they need to fulfill every last bit of their potential and achieve every last one of their dreams.”



America's Move to Raise a Healthier Generation of Kids

Champions of Change: Knocking Out Obesity in Utah

Friday, June 10th, 2011

Conference
tracks include:

- Health Care
- Emerging Topics
- Communication / Stories from the Field

8:00 A.M. to 3:30 P.M.

SALT LAKE MARRIOTT CITY CENTER
220 South State Street, Salt Lake City, Utah

Online registration will open on April 19th
www.health.utah.gov/obesity



Obesity

Save the Date!

June 10th, 2011

Obesity Conference

Speakers:

- Claire Heiser, MS, RD — CDC
- Marice Ashe, JD, MPH — Public Health Law & Policy
- Liz Joy, MD, MPH — Intermountain Healthcare
- And more!



www.health.utah.gov/obesity

